

## Yoga for the Office - Morning Moves

| Yoga Pose           | Keywords                                                                                                                                                                                                                                                                             | Benefits                                                                                                                       |
|---------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|
| Power-On Meditation | Restart computer<br>Restart yourself<br>Fresh start new<br>Set attitude for the day<br>Deep breathing<br>Visualize<br>Set intentions                                                                                                                                                 | Timeout<br>Deep breathing for relaxation                                                                                       |
| Upward Spiral       | Chair twist<br>Heart life, dip chin<br>Both directions<br>Inhale lengthen<br>Exhale twist<br>Repeat                                                                                                                                                                                  | Release the spine<br>Allow energy to flow<br>Cleanse internal organs and glands                                                |
| Attitude Elevator   | Sit in front of chair<br>Hands behind on chair; palms down, point fingers away<br>Inhale - lift heart, lift chin<br>Exhale – soften, lengthen<br>Repeat                                                                                                                              | Refreshes lung capacity<br>Helps with circulation<br>Offsets rounding shoulders<br>Clears the head<br>Creates winning attitude |
| Keyboard Warm-ups   | Interlace Fingers<br>Turn wrists out; palms out<br>Stretch out front; then stretch overhead<br>Bend elbows; hands to shoulder blades<br>Exhale stretch<br>Inhale change arm position<br>Relax shoulders<br>Stretch side to side on breath<br>Exhale stretch<br>Inhale back to center | Strengthens fingers<br>Warm up for keyboarding<br>Warm up shoulders<br>Open chest and heart<br>Stretch torso                   |